



WORLD FOOD DAY - WFD FAO

16th October 2021

#WorldFoodDay campaign

Our actions are our future.

Better production, better nutrition, a better environment and a better life

The Italian Society of Human Nutrition (SINU) - Department for Education, the Chamber of Commerce of Genova and the Ligurian Center for Productivity (Centro Ligure per la Produttività - CLP) to contribute to the World Food Day campaign 2021 and to sustain the WFD's slogan "*Our actions are our future. Better production, better nutrition, a better environment and a better life*", promote the event:

Sustainability Tales

by Genova Liguria Gourmet professionals

The event, sponsored by "**SDGenova Gourmet project**", includes:

A) Preparatory Activities

28,29,30 September 2021 - Training course for the Genova Liguria Gourmet restaurant operators in the Chamber of Commerce of Genova, carried out by SINU's Department for Education and Centro Ligure per la Produttività (CLP)

SINU' experts will train the Genova Liguria Gourmet restaurant operators on:

- **FAO - WFD' messages analysis** - 28th September 2021
- **Nutritional and sustainability rationale to create recipes dedicated to the World Food Day** made with Liguria typical ingredients - 29th September 2021
- presentation of **Medi – Lite' questionnaire** and KIDMED' survey as evidence-based tools to assess adherence to the Mediterranean diet - 30th September 2021.

B) Phigital Experience for WFD – FAO, Sustainability stories by the Genova Liguria Gourmet' Food Heroes - 16th October 2021

During the celebration of the World Food Day, Genova Liguria Gourmet restaurant professionals, as #Food Heroes, will promote in their own restaurants the WFD message inviting their guests to taste the **sustainable food creations**, prepared with local and seasonal typical ingredients.

The guests will find on the restaurant table a postcard with a QR code linked to:

- FAO website and publications about WFD campaign
- recipes of the sustainable food creations, that during the restaurant experience will be described by the experts of the SINU Youth Department, that will make a storytelling focused on the nutritional and sustainable characteristics of the preparations.

The guests will also be invited to compile the Medi – Lite/KIDMED survey, with the support of the University of Genoa students in Dietetics.

The guest **will receive, accordingly to the questionnaire, a certificate of food sustainability and adherence to the Mediterranean Diet** as a sustainable model that respects the environment and local economies, recognized worldwide for its healthiness and preventive capacity for chronic degenerative diseases.

The data obtained will be **completely anonymous** and confidential and will produce **a scientific work on adherence to the Mediterranean Diet**.

This activity will be continued at Genoa Liguria Gourmet locations, involving our professionals in the promotion of the questionnaire as research activity in the field of human nutrition.

C) Activities in hotel and restaurants schools

The training course on sustainability will be offered to students of the **fifth year** of *Hotelier* Schools thanks to the SINU Department of Education.

According to FAO request for the preparation of the poster, a dissemination action on Ligurian products is planned in collaboration with the Chamber of Commerce of Genoa and the CLP.

ABSTRACT

The Italian Society of Human Nutrition (SINU) - Department for Education, the Chamber of Commerce of Genoa and the Ligurian Center for Productivity (Centro Ligure per la Produttività - CLP) to contribute to the World Food Day campaign 2021 and to sustain the WFD's slogan "*Our actions are our future. Better production, better nutrition, a better environment and a better life*", promote the event: ***Sustainability Tales***, a **Phigital Experience proposed by #Food Heroes of Genova Liguria Gourmet locations, proposing novel creations inspired by FAO WFD campaign using local and seasonal ingredients**. This experience will be supported by preparatory training courses by nutritional experts on the main topics of WFD campaign, by submission of questionnaire to assess adherence on Mediterranean diet, a sustainable model that respects the environment and local economies recognized worldwide for its healthiness and preventive capacity for chronic degenerative diseases. Further dissemination activities will be performed according to FAO dictate